10 Good to share

12 Job is a highlight

16 Students of dance

thenewhammag

issue 333 // 29 January – 12 February 2016 // Every fortnight

Financial advice is in store

Make your money work (p19)

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MoneyWorks, funded by Newham Council, is the new place to secure great deals on loans and everyday purchases. Whatever your circumstances, we can offer support.

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Newham MoneyWorks, Unit 61-62,
Stratford Centre, London E15 1XF

Mayor of Newham

the newham mag

Look out for the next issue from **12 February**
View the mag online at **www.newham.gov.uk/mag**

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29 January 2016 // **issue 333**

In this edition of the Newham Mag you can meet the social worker who has been given a helping hand by Newham Council in getting on the home ownership ladder (p10).

Read about the Forest Gate residents whose job is a high point thanks to our employment service Workplace (p12). You can also discover more about some of the major regeneration projects coming our way and how you can get involved (p14).

More than 4,500 Newham children have been to a dance performance this month thanks to our Every Child a Theatre Goer scheme and Stratford Circus. See what some of them thought (p16). If you are looking for some advice on how to handle your cash, look no further than our MoneyWorks shop (p19).

If you are in private rented housing make sure your landlord has a smoke alarm (p9). You can report a whole range of environmental problems by using the Love Newham App (p21).

Councillor Andrew Baikie
Mayoral adviser for housing

Keep in touch with Newham Council via:

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Newham London

Love Newham? Download the free Love Newham app and report a range of environmental issues. Visit **www.newham.gov.uk/lovenewham**

IN BRIEF //

Career seminar for young fashionistas

A seminar and workshops will take place on 5 March for young people to hear about careers in the fashion industry and learn directly from professionals and experts.

Your Future in Fashion has been organised by Newham Council's employment service Workplace, the London Legacy Development Corporation, the London College of Fashion and Newham College. It takes place from 9.15am-4.30pm at Workplace at Westfield Stratford City.

To register you must live in Newham and be aged 15 to 19. Places are limited. Contact **anne.fitzsimons@newham.gov.uk** for an application form to be returned by 5pm on 8 February.

Zero tolerance event

Newham Beckton Ward councilllor Ayesha Chowdhury hosts a free event from 10am-2pm on 9 February at St Mark's Community Centre, Tollgate Road, E6, promoting zero tolerance to female genital mutilation.

To book tickets call **0203 384 9413** or email **newhamfgmsupport@manorgardens.org**

Charge for credit card payments

A 1.3% administration charge is now being added to all credit card payments with Newham Council.

No fee will be charged for debit card, direct debit and standing order payments.

You can save time and hassle if you pay by direct debit. You are also able to spread the cost of your bills over 12 months and choose a monthly payment. For further information please visit **www.newham.gov.uk/payit**

Support for flood relief effort

Councillors support the aid effort by mosques

Mosques in Newham raised £10,000 and assisted flood victims in York as part of a massive clean-up operation.

Money was raised through collections co-ordinated by the Indian Muslim Federation (IMF) at six mosques in the borough and others elsewhere. Newham councillors contacted authorities in the north to find out how best to provide assistance. York City Council accepted the offer.

More than 100 Newham volunteers travelled over two weekends to support the operation to clean up parks and sheltered accommodation schemes. They also distributed 500 meals.

Councillor Mas Patel, lead member for Stratford and West Ham Community Neighbourhood and IMF executive board member, said: "We all felt passionately about doing something to help." Councillor Ken Clark, Cabinet member for building communities, public affairs, regeneration and planning, said: "I'm proud our Muslim community and our councillors gave time, energy and cash, to assist those impacted by the floods.

Royal honours for Scouts

The group awards evening

Newham councillors Patrick Murphy and James Beckles helped present Duke of Edinburgh awards to members of the 25th Newham East Scout group.

The awards were presented for voluntary service, developing new skills, undertaking physical activity, completing a team expedition and leadership. Thomas Liu, Weronika Gula and Charles Neal received bronze awards. Edward Allen received a silver award and Luke Blake received a gold award. Scout leader Charles Sharpe was presented with a special award celebrating 60 years of continued commitment to Scouting in Newham.

Antony Allen, group Scout leader of the East Ham-based outfit, said: "With 12 groups and more than 550 members in Newham alone, Scouting is a great youth movement to join for everyday adventure." To find your nearest group email **DC@newhamscouts.org.uk**

News

Shop makes money work

Sir Robin and Cllr Clarke with residents and staff

A one-stop shop offering residents access to good deals on financial products and help with debts and money management, has been set up by Newham Council.

MoneyWorks in Stratford Shopping Centre was opened by Mayor Sir Robin Wales and Councillor Frances Clarke, Cabinet member for financial inclusion and health promotion.

The service offers access to affordable finance and money advice to residents who may be struggling with debt or the everyday cost of living.

It aims to end people's reliance on finance products that typically come with extortionate lending fees.

Sir Robin said: "There are families surviving on low incomes who are struggling financially. We're offering people a fairer deal, which could help them change their lives."

MoneyWorks is open Monday to Friday from 9am to 4.30pm (5pm from February) at Unit 61-62 in Stratford Centre. For information call **020 8430 2041** or visit **www.newhammoneyworks.co.uk**

Pioneering work is saluted

The gold award team

Pioneering work by Newham Council and partners in dealing with rogue private landlords and in offering support to street homeless, has been praised.

The council's private rented sector licensing team won gold in the Safer Communities category at the 2015 London Problem Oriented Partnership Awards. The team carried out more than 280 operations with Newham Police, the Home Office and Revenue and Customs to tackle criminal landlords and cut anti-social behaviour in the rental sector.

The council's rough sleeping initiative Operation Alabama took the silver trophy. Working alongside homelessness charity Thames Reach and Newham Police, the operation has found places for 160 rough sleepers in hostels, and 59 have been given access to support services in the past two years. Councillor Unmesh Desai, Cabinet member for crime and anti-social behaviour, said: "I'm glad the hard work on behalf of residents has been recognised."

Food poisoning couple banned

Owners of a Plaistow restaurant that catered for a community event where 32 people suffered food poisoning have been banned indefinitely from operating a food business.

Kamran Memon and his wife Farhana, who managed the Karachi Karahi restaurant in Barking Road were sentenced at Snaresbrook Crown Court after being convicted of supplying unsafe food. They had admitted failing to comply with hygiene improvement notices. They were also sentenced to perform a total of 150 hours of community service.

Newham Council prosecuted the couple after complaints of food poisoning at an event in Chigwell in 2013. The council had already issued notices against them to clean up their premises.

Anyone planning to hire caterers or visit a restaurant can check food hygiene ratings on the Food Standards Agency website at **www.food.gov.uk**

Tough decisions to be taken

In a few weeks I will present to Newham's councillors how I propose we spend our money on the things that you say matter most to you.

What's clear is that we face budget pressures like never before and in the next financial year, Newham residents are set to generally pay more while the Government pays less to fund council services.

It plans to phase out the grant it provides to councils by the end of the current Parliament. That means funding arrangements shift from national taxation to local taxation through things like Council Tax and Business Rates.

With Cllr Frances Clarke, residents and staff at MoneyWorks

> "We will keep local taxation as low as possible; and we will do all we can to support you through this current challenging economic climate."

This year the Chancellor expects us to increase Council Tax by two per cent and to spend the extra funds it raised on the costs of adult social care. I believe this 'Social Care Precept' will do little in an area like Newham where unprecedented cuts coupled with increasing levels of need create significant challenges. I also believe it is unfair for local taxpayers to foot the cost of social care because that should be the job of the Government.

We have already seen £106 million cut from our budgets over the past five years, with more to come. And those cuts are a great deal harsher than in many more affluent places whose residents don't rely so heavily on council services.

Last summer we undertook our biggest ever consultation and asked you how we should manage those cuts and where you wanted us to spend money. What is emerging is that overall you are satisfied with the way we are running things and want us to continue ensuring the borough is clean and safe and that vulnerable people like older residents and children are protected.

Be assured that whatever decisions we make, we will take into account your aspirations and concerns; we will continue to save money through being more efficient in what we do; we will keep local taxation as low as possible; and we will do all we can to support you through this current challenging economic climate. And if you want some good examples of that, read the articles about MoneyWorks and NewShare elsewhere in this edition of the Newham Mag.

Mayor's view

Standing up to prejudice

I am proud that Newham residents, supported by our councillors, have been getting stuck in and helping those affected by the recent flooding in the north of the country.

Members of the Indian Muslim Federation collected £10,000 in donations for people whose lives were devastated by the extreme weather conditions over Christmas. Not only did they dig deep into their pockets, but they also headed up to York where they donned boots, hats and gloves to help clear parks and houses that had been overrun by water.

All too often the Muslim community is a victim of demonisation in some sections of the media and by some politicians and supportive efforts like this are wilfully ignored. We shouldn't allow this vilification to persist. The theme of this week's Holocaust Memorial Day was Don't Stand By. We all have a part to play in stopping prejudices taking root.

It is also why I criticised the Prime Minister's announcement about funding for English classes, where Muslim women were singled out. This is not the way to build integration into British society.

Being British is about respecting people of different backgrounds, beliefs and faiths. You do not build integration by singling one community out for special privileges. That has always been our philosophy in Newham. Instead you make services accessible to all and insist that events hosted or funded by the council are open to everyone.

> "Well done to our residents who helped others in their hour of need."

Despite cuts in our funding from the Government we have continued to provide free English classes for residents. These do not discriminate against participants. That's because we believe that as well as learning the language, at these classes residents will make new friends with people who may or may not be the same religion, race or sex as themselves.

Well done to our residents who helped others in their hour of need. To anyone who holds prejudices against this or any community, please come to any of our free events, strike up a conversation with someone different to you and realise that we're all human beings trying to make the best of our lives for ourselves, our families and our friends.

Councillors and residents supporting the York relief effort

with Sir Robin Wales

The activeNewham team will help you to get more active in 2016

Work out in our gyms, improve your swimming in our pools, try a new exercise class and play your favourite sport.

We have everything you need to get fit and stay in shape.

To find out more call **0300 124 0123**†, drop into your local leisure centre or visit **www.activeNewham.org.uk**

Balaam Leisure Centre,
14 Balaam Street, Plaistow E13 8AQ

East Ham Leisure Centre,
384 Barking Rd, East Ham E6 2RT

Newham Leisure Centre,
281 Prince Regent Lane, Plaistow E13 8SD

Manor Park Fitness Centre,
464 High Street North, Manor Park E12 6QN

*Terms and conditions apply. Prices vary from centre to centre.
†This number is charged at the same rate as calls to normal landlines (those that start with 01 or 02). It is included in call allowances, bundled talk time or "free" minutes the same way as regular landline numbers.

in partnership with Newham London

active newham

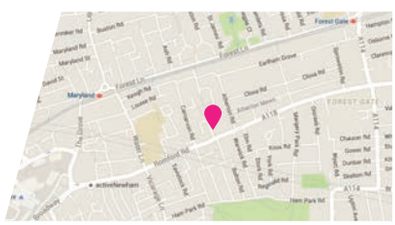
Atherton Leisure Centre

The new Atherton Leisure Centre is opening in spring 2016 and will offer state-of-the-art facilities for the whole family. Whatever your age or level of fitness we will support you to improve your health and wellbeing.

Register to become a Founder Member - £28 per month

Benefit from becoming a Founder Member at Atherton Leisure Centre and you can join at the special price of only **£28 per month**. This great offer is available until 29th February 2016, so make sure you don't miss out by **registering your interest today**.

Register by going to www.activeNewham.org.uk



For more information about this great new leisure centre at the heart of the local community please call **0300 124 0123**†.

Atherton Leisure Centre,
189 Romford Road,
London, E15 4JF

†This number is charged at the same rate as calls to normal landlines (those that start with 01 or 02). It is included in call allowances, bundled talk time or "free" minutes the same way as regular landline numbers.

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Fire safety is a cause for alarm

Almost 40 per cent of Newham's housing stock is privately rented. Landlords of all privately rented properties in the borough must have a licence for that property. They must also fit smoke alarms, and in some cases carbon monoxide alarms, or run the risk of a £5,000 fine if they don't.

According to Government statistics people living in rented or shared accommodation are seven times more likely to experience a fire and four more times likely to die in a fire in the home if there is no working smoke alarm.

By law landlords have to install one smoke alarm on each storey of a rental property and a carbon monoxide alarm in any room that contains a solid fuel burning appliance.

Free alarms are available from the London Fire Brigade, yet only a fraction of landlords have taken up the offer. Newham's Borough Commander Rhys Powell said: "All landlords and tenants need to understand the risk of fire.

"Landlords are putting tenants at risk if they do not protect their property. Tenants can also play a part in taking responsibility for their own safety by reminding their landlords if there are no smoke or carbon monoxide alarms in their home."

Newham's firefighters are spreading the message as part of their community safety work with landlord associations, estate agents and community leaders.

"It's important that landlords fit smoke and carbon monoxide alarms and that they be tested regularly."

Newham councillor Seyi Akiwowo from Forest Gate North Ward said: "I was a victim of a house fire last summer and it is one of the worst things that can happen to a family.

"It was a working smoke alarm that saved me and my family. It's important that landlords fit smoke and carbon monoxide alarms and that they be tested regularly."

Newham Council is responsible for enforcing the regulations and can issue notices requiring landlords to fit the alarms. If landlords fail to comply with the notice, a penalty of up to £5,000 can be levied.

Applications for the free alarms can only be made via **http://www.london-fire.gov.uk/freesmokealarms.asp** and successful applicants must be able to collect them from Stratford Fire Station, Romford Road, E15.

Sharing the step on to property ladder

Scaria Joseph came to Newham 11 years ago to take up a job as a social worker. He embraced life in the borough, married Rosamma, a teaching assistant at Royal Docks Community School, had two children and was promoted to social work practice manager. When it came to moving their family from their second-floor housing association flat, Scaria and Rosamma thought they would have to leave Newham – until Newshare helped out.

NewShare is a shared equity scheme. It is different from shared ownership, where the buyer pays rent on part of the property and purchases the other part. NewShare enables residents to buy a home using a deposit, a mortgage, and an equity loan from Newham Council, so that they can fully own the title to the property.

The percentage of the cost that the buyer funds is calculated on their household income, and the equity loan can contribute as much as 50 per cent towards the purchase price.

Said Scaria: "Our children were born in Newham and we want them to grow up in a diverse area. The schools are very good here and it's well connected to central London."

The problem was that, on modest incomes, he and his wife hadn't been able to save up a large deposit towards a home of their own. Newshare was the perfect solution.

Scaria said: "We viewed four houses, and when we saw the fourth, we knew it was right for us. Our children, Caroline and Jeff, each have their own bedroom, and there is a small garden," added Scaria. "It's in a calm, quiet area, close to good schools."

The couple found the buying process very smooth and supportive. Said Scaria: "Our contact at the council was very professional and approachable. If we needed to make any corrections to the legal documents, we often talked to him direct rather than through the lawyers."

At any time in the next 25 years, Scaria and his wife can choose to buy out the equity loan in full or in stages. How much they pay will be based on the market value of their home at that moment in time, not the value when they bought it. If they want to own another ten per cent, and their home is re-valued at £350,000, then they will repay £35,000.

The day they moved into the house was one of the happiest of their lives. Said Scaria: "We haven't had a single regret about buying through Newshare. We love our house and it's a huge relief to be close to our jobs. We can spend time doing things as a family, rather than travelling to work."

Who can apply for NewShare:

If your household income is up to £71,000, you can apply for a one or two bedroom home. If your household income is up to £85,000, you can apply for a three bedroom home. Anyone can apply, but priority is given to applicants who are:

- **already on Newham's housing waiting list for a council home**
- **renting from a social housing provider in Newham (such as the council or housing association)**
- **currently working as a teacher or social worker in Newham**
- **living in Newham**
- **working in Newham**
- **a current or former member of the armed services**

Example:
Value of property at purchase £200,000
Your deposit £10,000
Your mortgage £90,000
Total you pay £100,000
Our equity loan £100,000*

*You will need to pay an annual fee for the equity loan, which does not count towards repayments. For the first year the fee is calculated on 1.75 per cent of the value of the equity loan. It then increases every year in line with the Retail Price Index.

For information about Newshare contact our agent Site Sales Marketing Ltd. Email newhamnewshare@site-sales.co.uk, call 020 8502 5758 or visit www.newham.gov.uk/NewShare

Scaria, Rosamma, Caroline and Jeff

Madihia enjoys the high life

The Emirates Air Line is the first urban cable car in the United Kingdom. Since opening in June 2012 it has had more than 6.2 million passenger journeys over the River Thames between Newham's Royal Docks and the Greenwich Peninsula. Front of house team leader Madihia Razi has been there from the start.

"I feel really proud to say that I work on the UK's first urban cable car," said Madihia, from Forest Gate. "When I started in May 2012 it was still being built. Since then I've seen so many people travel on it. It's been great."

As team leader Madihia looks after her fellow staff members, taking care of their rota and holiday arrangements, as well as making sure that every passenger who travels enjoys the best customer service. "I am a people person," said the former pupil of Little Ilford School, Manor Park. "I've always liked to help the public in all of the jobs I've done."

When she left school Madihia went to Newham Sixth Form College and then to London Metropolitan University where she studied banking and law. After graduating she took a job at Sainsbury's in Stratford until Newham Council's employment service Workplace told her about the cable car.

She said: "I really wanted to do something new and exciting. Workplace told me about the cable car and I came along, trained, and got the job. I joined just before the 2012 Games began and during that time we were incredibly busy."

Spanning just over one kilometre

Madihia Razi

across the Thames, it takes around ten minutes for a single crossing (shorter at peak commuter times) and offers passengers spectacular views of the Thames Barrier, maritime Greenwich and Queen Elizabeth Olympic Park as they fly 90 metres above the river.

Famous passengers have included film star Arnold Schwarzenegger and tennis champion Novak Djokovic. Last year it transported the Webb Ellis Cup into Newham ahead of Rugby World Cup 2015. Each of the 34 cabins can fit up to eight passengers.

Madihia's day can begin at 6.30am if she's on the early rota. She said: "We have to do all our pre-opening operational checks so that we are ready to begin service. There's also some paperwork, but as the day progresses most of my role is dealing with customers. Our priority is 100 per cent customer satisfaction and to make people's journeys memorable.

"Many of our passengers are sightseers but we also have many local commuters during peak times. We get lots of questions from people who want to know about the local facilities and attractions, how long the journey takes and how high it is. Some ask if they need a passport to travel because we are called the Emirates Air Line. People also like to hear about the history of the Royal Docks and the exciting plans to redevelop them."

> **" Not every day is the same. I love seeing passengers leave us with big smiles on their faces because they have enjoyed the journey"**

Madihia enjoys her work. She said: "Not every day is the same. I love seeing passengers leave us with big smiles on their faces because they have enjoyed the journey."

She is thankful to employment service Workplace for helping find her the job in the first place. Madihia said: "My experience of dealing with them was very good. I had a wonderful Workplace adviser who really helped me out and supported me through the process."

The Emirates Air Line is currently open Monday to Thursday from 7am to 9pm, from 7am to 11pm on Fridays, 8am to 11pm on Saturdays and 9am to 9pm on Sundays. Passengers can use Oyster cards and contactless payment to pay as you go. To book tickets visit https://emiratesairline.theo2.co.uk/

For more information about Newham Council's employment service Workplace visit www.newham.gov.uk/workplace or call 020 3373 1101.

Stratford Gyratory

Benefiting from the **regeneration game**

Crossrail Manor Park

As the borough continues to change, our infrastructure will need to be adapted to reflect this and support residents who already live here and those moving in. Newham Council's Major Projects Team are at the heart of that change, bringing large-scale highway and urban realm construction projects to the borough. Three major projects they are currently working on are:

Crossrail

Crossrail is the major new cross-London rail link developed to serve the Capital and the south east of England by offering direct links to the heart of the city.

Whilst the service will bring significant benefits to London including increased passenger capacity, step free accessibility at stations and faster journeys, an important measure for passengers will be their experience outside those stations as they arrive and leave.

Newham Council secured £6.7 million from Transport for London (TfL) last year to improve the areas immediately outside three Crossrail stations – Maryland in Stratford, Forest Gate and Manor Park. The funding allocation for those schemes is £3.022 million for Maryland, £2.298 million for Forest Gate and £1.388 million for Manor Park.

A public consultation exercise around proposed improvements at Manor Park was completed last September and detailed design work is now under way. Completion of the project is expected in 2016/17. Forest Gate is programmed for implementation in 2017/18. Public consultation was recently completed and detailed design work begins in the summer. Consultation around proposals for Maryland begins soon with detailed design work beginning late this year.

If you have any questions about the Newham Crossrail schemes or want more information email **Newhamcrossrail@newham.gov.uk**

Stratford Gyratory

The gyratory system in Stratford was installed in the 1960s, creating the island site that is Stratford Town Centre. Substantial volumes of traffic pass through

Crossrail
Forest Gate

Nowhere else in the United Kingdom is undergoing transformation on the scale of Newham. With an abundance of development land, excellent transport links and a young, energetic and increasingly skilled workforce, the borough is well placed to benefit from London moving eastwards.

Crossrail
Maryland

Stratford, meaning pedestrians and cyclists are affected by fast moving traffic.

The council secured funding from TfL to look at ways of removing the gyratory system. Currently two options are being worked on. The first involves a two-way operation around Stratford Town Centre with two lanes eastbound and westbound along Broadway and High Street. The second involves two-way operation around the town centre with single lane operation along Broadway, High Street and The Grove.

Both options propose a two-way cycle track from Great Eastern Road to Angel Lane, more bus stops added on westbound Great Eastern Road and on The Grove, a new crossing between the bus station and Stratford Centre and pedestrian only areas in West Ham Lane, Broadway Lane and Meridian Square.

The major projects team will work with TfL and stakeholders to select a preferred option in April. It will be offered to residents for public consultation in May or June. Construction is expected to start in August 2017 and be completed by July 2019. If you have any questions email **StratfordGyratory@newham.gov.uk**

Quietways

Newham Council is committed to improving cycling facilities in the borough to encourage more journeys to be made by bike.

As well as the Cycle Superhighway programme, the council is working with TfL on the Quietways programme, which aims to create new clearly signed cycle routes using low-traffic residential streets, green spaces and routes through housing areas, to provide safer and more attractive conditions for cycling.

The first Quietway proposed for Newham by TfL is from Mile End in Tower Hamlets, through Queen Elizabeth Olympic Park, Stratford, Forest Gate and Manor Park before heading to Redbridge. There are 15 locations along the route where changes are proposed with the next stage of public consultation beginning in February. For further information email **quietways@newham.gov.uk**

Young people in step with dance

This month Stratford Circus Arts Centre opened its doors to 4,500 Year 6 schoolchildren to see a dance show created by world-famous choreographer and star of the 2012 Olympic Games Opening Ceremony Akram Khan.

It was the third year that the centre has hosted a production as part of Every Child a Theatre Goer, the partnership with Newham Council that enables every child in the borough to see an exceptional piece of theatre for free.

This year's production was Chotto Desh, which means small homeland. It charted creator Akram Khan's Bangladeshi heritage and his experiences of growing up in the United Kingdom.

Stratford Circus's Director Tania Wilmer said: "The atmosphere in the building was incredible and we had fantastic feedback from the children and their teachers about the experience and how they're able to take what they've learned back to the classroom.

"I'm immensely proud of what the Every Child a Theatre Goer programme stands for. Every child in this borough, regardless of their circumstances, has a right to access the best art this country has to offer."

Olivier award winning choreographer Khan started the process of making Chotto Desh at Stratford Circus last summer with Year 5 students. Tania added: "Newham is a compelling place for artists to make their work because of our rich diversity of perspectives and points of view. In the case of Chotto Desh, Akram had never made work for young people before and the input from Newham's youngsters was integral to the making of the production."

Stratford Circus prides itself on offering a programme that has something for everyone and Every Child a Theatre Goer is just one of the ways it works to welcome the community. Last year 40,000 young people were involved in its education projects.

Mayor Sir Robin Wales said: "We set up Every Child a Theatre Goer to enrich the lives of our young people and give them further opportunities to learn. The feedback from schools has been overwhelmingly positive that it is making a difference to our pupils attainment."

"Every child in this borough, regardless of their circumstances, has a right to access the best art this country has to offer."

Akram Khan added: "I am extremely happy and touched to see Chotto Desh as part of such a meaningful initiative. Stratford Circus offers a unique opportunity for children to access dance. Dance is finally being recognised as a powerful and universal language that is as crucial as spoken language. This is exactly how I found my own voice when I was a child, and I glad this experience is being shared with many other children."

Tania Wilmer, left, with Sir Robin and Avenue School pupils

Colegrave School pupils

View from the audience:

Hajra Hussain, 10, Year 6 Colegrave School, E15
"I was really excited to see this play as I've never heard of one like this before and it seems very different from the other plays that are out there at the moment. I think it takes a lot of confidence to be able to get up on stage and become a performer. I'm hoping that by learning about the performance I'll be able to develop my confidence and speaking skills."

Huzaifa Muhammed, 10, Year 6, Colegrave School, E15
"I've only been to the theatre once before and I was really excited to see this show as it's an Indian play. The play taught me about a different background and that's good for understanding different cultures and getting along with people."

Sarah Coyle, assistant head teacher, Colegrave School, E15
"Very few of our pupils get to see theatre and I know our students are really excited to see this performance. I enjoyed seeing their reactions during the show. I believe theatre is an inspirational experience and our pupils will go on to learn and develop a whole range of skills following their visit."

For more information about Stratford Circus visit https://stratford-circus.com/ or email info@stratford-circus.com

The next opportunity in the Royal Docks transformation

Peruvian Wharf
E16

Public consultation – Have your say

Galliard Homes invites you to a first public exhibition to meet the team and hear about our proposed regeneration of the Peruvian Wharf site in the Royal Docks, London Borough of Newham.

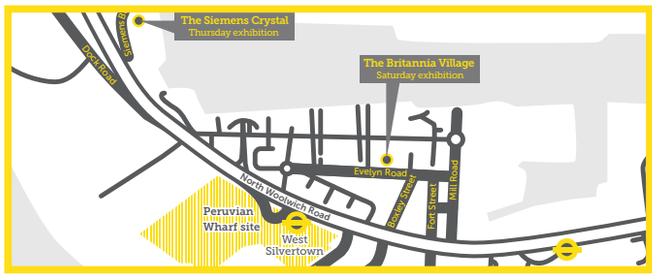
The site has lain empty and derelict for more than a decade and we will be bringing forward plans for a range of beautifully designed new homes, focused around a series of gardens and public spaces including a new high quality environment and modern office space around the West Silvertown DLR station.

This is your opportunity to have your say and ask any questions.

Public exhibitions:

Thursday 4th February, 4pm – 8pm at Meeting Room 5, The Siemens Crystal, 1 Siemens Brothers Way, Royal Victoria Dock, E16 1GB

Saturday 6th February, 10am – 4pm at Britannia Village Hall, 65 Evelyn Road, West Silvertown, E16 1TU



For more information:

Visit: www.peruvian-wharf.co.uk
Email: peruvianwharf@londoncommunications.co.uk
Freephone: 0800 307 7056

Galliard Homes

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Newham London

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Newham Council URGENTLY requires more properties to rent. We can offer:

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  OR
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A FREE carbon monoxide detector will be provided for every property used.*

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www.newham.gov.uk/privatelandlords

*Quote NPRS

Joy Emovon

MAKING YOUR **MONEY WORK**

With all the spending associated with Christmas, January may have seemed like a tough and long month financially. If you want some support about being smart with your cash, then Newham MoneyWorks is the place to visit.

The MoneyWorks shop, funded by Newham Council, opened recently in Stratford Shopping Centre. It offers advice about affordable finance and money management to help Newham residents who may be struggling with debt or the everyday cost of living.

The service aims to support those seeking to end their reliance on finance products that typically charge extortionate lending fees. It can help you to become more money-smart through cash-saving tips and advise on access to fairer finance.

Mayor Sir Robin Wales speaks with staff and customers

At Newham MoneyWorks you can find information on how to access a range of affordable short-term loans without the high fees. It can also offer access to exclusive deals and money saving tips that you can trust.

Whether you want to be better at living within your means, want to save or pay off your debts, staff will work with you to set some goals and develop an action plan to help you achieve them so that you are in a much better position financially in the long-term.

Canning Town resident Joy Emovon has already visited the shop. She said: "I enjoyed my first session at Newham MoneyWorks and found the staff very welcoming and friendly.

"I was impressed that after the session, the adviser called me to arrange a follow-up appointment to discuss how I can manage my money better. I look forward to visiting again. I think it's great the shop is located in an ideal location inside Stratford Shopping Centre."

Mayor Sir Robin Wales said: "We created Newham MoneyWorks as a place for residents to go if they're in a bit of trouble financially and in need of a helping hand. It can advise on sustainable loans, affordable credit and savings products."

Newham MoneyWorks is open Monday to Friday from 9am to 5pm.

Unit 61-62
Stratford Centre
London
E15 1XF

Call: 020 8430 2041
Email: moneyworks@newham.gov.uk
www.newhammoneyworks.co.uk

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Appy to support clean up effort

You tell us that keeping Newham's streets clean and safe is among your top priorities. We can all play a part in doing so by reporting issues directly through the free Love Newham app.

Residents can support Newham Council's clean up measures by telling us about issues you think we may not be aware of. If you see a pothole, dumped rubbish, abandoned vehicle, graffiti or a broken street light, you can report it in less than 40 seconds.

Since March 2014 there has been 41,886 issues reported directly to us through the Love Newham app and our website. There are currently more than 50 reporting categories, and new ones are added regularly.

Councillor Ian Corbett, mayoral adviser for environment and leisure, said: "The Love Newham app makes reporting issues to the council easier than ever before. Reports that are submitted are sent directly to the teams responsible for dealing with them and you can track their progress."

The app is available on iPhone, Windows Phone, Android and Blackberry. Just search for Love Newham in your app store and download it for free.

How it works:

Once you have downloaded the app you can report issues in three simple steps.

1. **Open the app and select 'begin'. The app automatically detects your location to pinpoint where the problem is.**
2. **Take a picture of the problem if possible and enter a brief description.**
3. **Select the appropriate category and then send your report when you're ready.**

You will receive on screen confirmation of your report and an email to your registered email address. The council will investigate the problem and let you know what's been done.

What can be reported:

You can now report potholes, abandoned cars and faulty street lights in addition to graffiti, fly-tipping, fly-posting, dog mess and so much more.

If you don't have a smartphone or tablet device, you can report issues on the Love Newham website by uploading a photo and adding the location using the interactive maps. For more information visit **www.newham.gov.uk/lovenewham**

OUR NEWHAM

E20 is in the picture

An exhibition of contemporary digital self portraits and scale-defying collages made by Newham residents is on display at Stratford Library in The Grove, E15, until 26 February.

The Bridge E2015 exhibition, organised by Stratford arts organisation Salmagundi Films, is a playful look at the changing environment around the E20 and E15 neighbourhoods and Queen Elizabeth Olympic Park using ipad photographs and digital technology.

Salmagundi director Zoe Flynn said: "We bought old and new communities together to learn new skills. People of all ages, from parent toddler groups to residents of the Holden Point sheltered housing scheme, all got involved."

The exhibition is funded by the Aspers Good Causes Fund and The International Quarter Community Fund. Dawn Babb, thanks to technology pictured relaxing on the velodrome in Lee Valley VeloPark, said: "It's my favourite building in the Olympic Park. It just looks so comfortable." For more information visit **www.salmagundifilms.co.uk**

Dawn Babb

Refugee aid is icing on cake

A successful cake sale at East Ham Library in Barking Road raised £371 which will be donated to people affected by the refugee crisis in Syria.

Cllrs Shah and Easter at the sale

The event was organised by local resident Hanan Abdulrab and her family working with members of Newham Council's East Ham Community Neighbourhood team.

Newham councillors Lakmini Shah and Ann Easter helped sell the tasty treats and hot drinks during the two-hour sale. The money raised will go to the relief fund operated by the United Nations High Commissioner for Refugees to support children's education and safety.

Councillor Shah said: "It was good that we could come together as a community in response to the Syrian refugee crisis. We must thank all East Ham residents who bought cakes, but especially the Abdulrab family who helped organise the sale."

Young graduate towards fun

Almost 60 children from Brampton, Central Park, Curwen, Keir Hardie, Plaistow and Manor primary schools donned mortar boards and gowns for the first East London Children's University graduation celebration.

The youngsters received certificates during a ceremony in the grand auditorium of prestigious international law firm Berwin Leighton Paisner in the City of London.

East London Children's University was launched by educational charity 15billion-ebp in February last year to encourage children aged five to 14 to explore fun new interests and acquire new skills outside of normal school hours.

"We are passionate about inspiring children and their parents to try new opportunities and ignite a spark that may open their minds to new experiences and potentially new career options," said Jessica Worf, East London Children's University Manager.

You can find out more about East London Children's University by visiting **www.15billionebp.org**

HOPE for cancer patients

Newham residents recovering from cancer treatment and who feel ready to regain control of their life and manage their condition, are invited to take part in the Macmillan HOPE course being run for six weeks in Stratford.

The HOPE course (Helping to Overcome Problems Effectively), organised by Hackney's St Joseph's Hospice, will help people learn strategies to manage the day-to-day impact of their condition.

In an informal setting at the East London Centre, 64 Broadway, E15, those taking part can talk to people who are going through the same post treatment issues and get the opportunity to share experiences.

Goals can be set together so that people can start rebuilding their self-confidence by taking back control of their health and wellbeing. For further information email **s.sakula-barry@stjh.org.uk** or **m.meli@stjh.org.uk** or visit **www.stjh.org.uk**

Make tracks to herb garden

Newham's Royal Docks Ward councillor Patrick Murphy helped unveil a new herb garden at the Royal Docks Activity & Learning Centre in North Woolwich, built by staff at construction firm Balfour Beatty working on the nearby Crossrail project.

The garden at the centre in Albert Road was built to offer a safe outdoor environment for children and older people to enjoy. Balfour Beatty have promised to return in the spring to plant new herbs.

Councillor Murphy was joined at the opening by more than 50 residents. The celebration included sample sessions of some of the centre's activities including tai chi, line dancing and bingo. There was also a cake made by RDLAC volunteer Tracy Lambert and decorated with flowers and butterflies to represent the new garden.

For information about RDLAC's events download Newham Council's What's On app at **www.newham.gov.uk/communityevents** or visit **www.rdlac.org.uk**

Cllr Murphy joins the garden opening

Kids' Corner

PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. We cannot return any entries.

GALLERY

Ruth Hana De Guzman, 10

Khadija Hussain, 8

M. M. Shayan Shabib, 7

Sumayyah Ahsan, 5

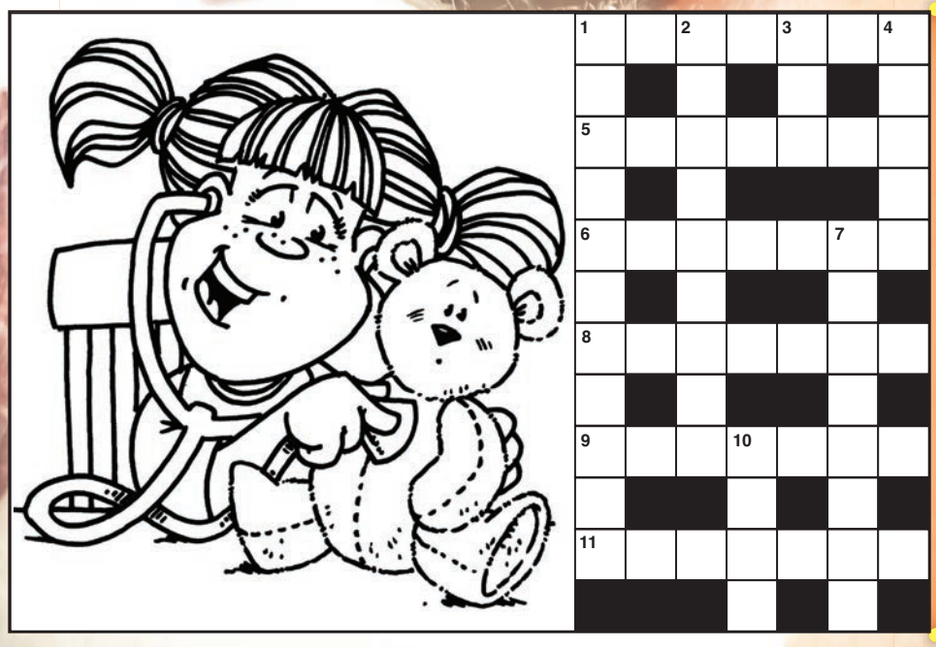
Free membership at Stratford Picturehouse

This issue's winner receives a free family ticket at Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this or another great prize, send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.

Stratford Picturehouse, Theatre Square, E15

Colour-me-in Crossword



Across

1. Person who performs operations in hospital (7)
5. Hug (7)
6. Budapest is this country's capital city (7)
8. Tools used for moving snow (7)
9. Commanded (7)
11. Very enthusiastic and eager (7)

Down

1. A doctor uses this instrument to listen to someone's heart (11)
2. Legendary outlaw who robbed the rich to give to the poor (5,4)
3. Long period of time (3)
4. Very poor (5)
7. Pleased after a hard experience has gone well (8)
10. Wicked (4)

Poem

Jack and the Beanstalk

There once was a boy called Jack,
He lived with his mother in a shack.
He was very poor,
The shack didn't even have a door.

His mum sent him to sell their cow,
On the way he met an old man carrying a sow.
The old man gave him five magic beans,
Which grew into a stalk that leans.

At the top there lived a giant,
A mean and ugly giant.
Jack found a hen that laid eggs made of gold,
Which made him happy and bold.

The eggs made Jack and his mother rich,
They lived happily ever after without a hitch.

Umika Dave, 7

WHAT'S ON?

Download our What's On app at www.newham.gov.uk/neighbourhoodevents

OUR THRILLING THREE...

1. **Teddy Bear Party** – Celebrate National Storytelling Week with stories, a bear hunt, games and much more. Fri, 4 Feb, 3.30-5.30pm, Plaistow Library. For children under 12 years. Free.
2. **Newham Spins** – exhibition of watercolours of people around the borough by Plaistow resident and retired book illustrator Fred Apps. The Hub, 123 Star Lane, E16 . Until 18 March, 9am-8pm. Free.
3. **The Glass Factory** – an eclectic evening of alternative music and performance. Saturday 6 February, Red Door Studios, Masterman Road, E6. Free. From 4pm.

LETTING IN THE LIGHT

Large vibrant light boxes will brighten up The Grove, E15, opposite Stratford Library until 24 March. They display images of paintings, drawings and digital works by 35 artists, all with experience of mental health issues.

Letting in the Light has been compiled by Bobby Baker and Stratford-based arts and mental health organisation Daily Life Ltd, supported by Newham Council.

TRY SOMETHING NEW... VELOBALANCE AT LEE VALLEY VELOPARK

Get your toddler learning to ride a bike in the iconic Lee Valley VeloPark velodrome. Children aged two to five will learn co-ordination and balancing techniques to help them learn to ride without stabilisers. 13, 15, 16, 19 and 20 February, 10am-2.30pm at the velodrome, E20 3AB. £4.50 per child.

Indicates free sessions

Libraries unless stated

UNDER-FIVES

Toy Library
Introducing toddlers to borrowing toys. Thurs, 10.30-11.30am, Beckton

Storytelling
Mon 11am-12noon, Tues 10-11am, Beckton; Tues 10-11am, Thurs 2-3pm, Plaistow; Sat 11.30am-1pm, Green St; Tues, 10.45-11.30am, Canning Town; Thurs 9.45-10.45am, East Ham; Tues 11am-12noon, Fri 11am-12noon, Stratford; Fri, 10.30-11.30am, Manor Park

Stay and Play
Support for parents and carers to develop their child through play. Mon and Tues, 11am-12noon and Wed 11am-1pm, Sat 11.30am-1pm, Green St; Tues, 9.30-11.30am, Jeyes C.C; Tues, 10am-12noon, Grassroots

Music and Movement
Sessions for parents/carers and children. Mon, 10.30-11.30am, Grassroots

Jiggaree Session (term time) *Fri, 10-11am, Plaistow*

Reading Together
Tues,10.30-11.15am, North Woolwich

Rhyme Time
Tues, 10.30 –11.15am, North Woolwich

YOUNG PEOPLE

Cartoon Club
Mon, 3.15-4pm, Weds, 3.15-5pm, Green St

Rosetta Art Workshop
Thurs, 11 Feb, 11am-12.30pm, Canning Town

Games Club (7-16yrs)
Sony PS3, XBox360, Nintendo Wii, board games and more.

Thurs, 4-6pm, Plaistow; Tues, 3.30-5.15pm, Custom House; Weds, 3.30-5pm, The Gate; Thurs, 4-6pm, Canning Town; Fri, 5-7.30pm, Green St (Wii only)

Froud Young Project (7-16yrs) Activities for young people. Mon, 3.30-5.30pm, Jack Cornwell C.C

Arts and Craft Workshop (5-12yrs) Mon 4-5pm, Sat 1-2pm, Green St; Thurs 4-6pm, Plaistow; Sat, 2-3pm, Canning Town; Sat, 2-3pm, Custom House; Sat, 2-3pm, North Woolwich

Young Readers Club (7-12yrs) Read and discuss your favourite books. Tues, 4-5.15pm, North Woolwich

Spanish Club (7-14yrs) Weds, 4-5pm, Beckton. Email vane_macia@hotmail.es

East Ham Youth Zone Sony PS4, DJ decks and other activities. Tues, 4-7pm, East Ham

Countries Culture Club Weds, 5.30-6.30pm, Green St

Kids Dance Sat, 6-7.30pm, Green St

Multi Games (6-12yrs) Mon, 5-6pm, Green St

Handwriting Practise Tues, 4-5pm, Green St

Interactive Learning Tues, 5-6.30pm, Green St

Family Movie Club Free films for all the family. Sat, 4–5.30pm, Green St; Fri, 5.30-7pm, Manor Park

Time-2-Craft (16+) Sat, 10-12noon, Stratford (term-time)

Homework Club Fri, 4-5pm, Beckton; Fri, 3.30-5.30pm, Canning Town; Fri, 4-5.30pm, East Ham; Sat, 2-3.30pm, Green St; Sat, 2-3.30pm, Manor Park; Mon, 3.30-4.30pm, North Woolwich; Mon, 3.30-5pm, Plaistow Library; Mon, 4-6pm, Stratford; Sat, 10.30-12.30pm, The Gate

Film Club (16+) Thurs, 1-3.30pm, North Woolwich

Children's movie club (5+) Thurs, 4-7pm, North Woolwich Sat, 4-6pm, Manor Park

Mini Rave Party Dance event for children under 7. Sat 6 Feb, 2.30-5pm, Bryant Street Methodist Church, E15. Staged by charity NCT Newham. Entry £2

Family Craft Club (5-12yrs) Thurs, 6-7.30pm, Manor Park

Board Games Club Tue, 4-5pm, Sun, 1.30-2.30pm, Stratford; Wed, 6-7.30pm, Manor Park; Tue, 6.30-7.30pm, Green St

Young People's Positive Activities (9-19yrs) Wed, Fri, 7-9pm, Harold Road Centre; Wed, Thurs, 5.30-8.30pm, Katherine Road C.C.

Elevated Aspirations Young 'N' Gifted Choir. All young people are welcome to join. Wed, 6.30-9pm, Stratford, email shaka@youngngifted.org or call 07956 436 743

ACTIVITIES AND SUPPORT

Afternoon tea Weds, 4-5.30pm, Canning Town

Chess Club Tues, 3.45-5.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham; Weds, 5.30-7.30pm, Green St; Thurs, 5.30-7.30pm, Stratford; Tues, 5.30-7.30pm, The Gate

Coffee Mornings Mon, 11am-12.30pm, North Woolwich; Tues, 10-11.30am, Beckton; Tues, 11am-12.30pm, Custom House; Thurs, 10.45am-12noon, Canning Town; Tues, 9 Feb, Manor Park; Thurs, 11 Feb, Stratford

Do It Online (18yrs+) Six-week or eight-week basic computer training. Advance booking required, contact library directly. Tues, 10am-12noon, East Ham; Weds, 2-4pm, Stratford; Tues, 11am-1pm, Thurs, 11am-1pm, Green St; Tues, 10am-12noon, Katherine Road C.C; Mon, 1-2pm, Canning Town

Knit & Natter (16yrs+) Weds, 10am-12noon, Beckton; Fri, 10.45-12noon, Canning Town; Fri, 10am-12noon, East Ham; Tues, 10.30am-12.30pm, Manor Park; Fri, 10am-12pm, Plaistow

ICT Surgery IT advice for all ages. Fri, 2-4pm, Canning Town

Love Newham app drop-in Learn how to report issues via the app. Mon, 10.30-11.30am, The Gate

ICT Drop-in Session Set up a My Newham profile and create an email account. Fri, 10.30am-12.30pm, The Gate; 10am-12noon, Green St; Weds, 10.30-12noon, Stratford

Deafroots Deaf Club Including quizzes, prizes, refreshments. Mon, 1.30-3.30pm, Stratford. New members £2, existing members £1. Email angel@deafroots.org.uk or text on 07985 242778.

Support in Action Thurs, 12noon-4pm, Jeyes C.C

SpEC Speaking English with Confidence Mon, 10-11am, Plaistow; Mon, 11am-12noon, East Ham; Weds, 10.30-11.30am, Manor Park; Weds, 11am- 12noon, Canning Town; Weds, 11am-12noon, The Gate; Tues, 10.30-11.30am, Custom House; Weds, 10-11am, Beckton; Sat, 10am-12noon, Stratford

Adult Reading Groups Sat, 12noon-1pm, Green St. Email CN.GreenStreet@newham.gov.uk

Rabbits Rd Institute Conversation Club Thurs, 3-4pm, Manor Park

Life in the UK Classes 12-week course. Contact 020 8542 3904. Weds, 10am-12noon, East Ham; Weds 12.30-2.30pm, Fri 10am-12noon, Plaistow; Fri, 12.30-2.30pm, Green St

ESOL for Beginners Tues and Fri, 1-3pm, Plaistow; Tues and Fri 9.30am-12.30pm, Jack Cornwell C.C; Weds and Thurs, 9.30-11.30am, Katherine Road C.C.; Mon and Weds, 9.30am-3pm, Beckton C.C. Call 020 8522 5772 to enrol.

ESOL for Absolute Beginners Weds, 9.30am-2pm, Katherine Road C.C; Weds, 10-11.30am, The Hub; Mon, 10-11am, Green St

Let's Get Cooking A ten week cookery course. Free for over-16s. Weds, 10am-12noon, Jack Cornwell C.C.

Safer Neighbourhood Drop-in Weds, 10am to11am, Stratford

Get Connected Bring your laptop, tablet or smartphone and learn how to make the most of your device. Tues, 1-2pm, Green St

Sewing Class Weds, 10am-12noon, Beckton C.C. £2 per session.

Newham Super Choir Tues, 10.30am-12noon, Beckton C.C

Ballroom Dancing (18yrs+) Tues, 2-3pm, Beckton C.C (Free); Thurs, 2.30-4pm, Field C.C (Free); Fri, 8-9pm, Jack Cornwell C.C (£4)

Interview Skills Practice Thurs, 5-6pm, Green St. Book a place by ringing 020 3373 0857 or email CN.GreenStreet@newham.gov.uk

Let's Job Hunt Thurs, 6-7.30pm, Green St. Book a place by ringing 020 3373 0857 or email CN.GreenStreet@newham.gov.uk

Citizens Advice Sessions Advice sessions on money management, energy saving and debt. Appointment only. Mon, 11am-1pm, Manor Park

Introduction to Newham Online Course More than 500 free courses. Sat, 11am-12.30pm, Manor Park

Basic Computer Skills Fri, 10.30-12.30pm, Manor Park

My Newham Workshop
Register with My Newham and access council services. Tues, 6-7.30pm, Manor Park

English Conversation Club Practise your spoken English. Mon, 10-11am, 6-7.30pm, Manor Park; Mon, 10-11am, North Woolwich

Together We Can
Group for adults under 50 who have had a stroke. Fri, 5 Feb, 2-4pm, Plaistow Library

Stratford London Toastmasters Public speaking & leadership club. 1st and 3rd Monday of each month, 6-8pm, Stratford

Let's Get Crafting
Wed, 10.30am-12.30pm, Green Street

Basic English for Beginners Mon, Weds, Thurs, 10.30-11.30am, Green Street

English Conversation Club
Mon,10 to 11am, 6-7.30pm, Manor Park; Mon, 10-11am, North Woolwich

Embroidery Group
Thurs, 10.30am-12.30pm, Manor Park

International Lunch Club
Cost £3 per meal. First come, first served. Mon, 12pm, Beckton C.C.

Docklands Drop-In Group
Wed, 1-3pm, Beckton C.C.

Workplace Drop-Ins
Weds, 10 Feb, 2-4pm, Stratford. Email rehana.b@newham.gov.uk

Chai and Chat Women Group (18+) For women who use the mental health service only. Weds, 10.30-12.30pm, Plaistow

Model Train Workshop
Mon, 12.30pm, North Woolwich

Writers Group
Thurs, 4 Feb, 6.45-7.45pm, The Gate

Oral Health drop-in
Thurs, 4 Feb, 3-5pm

Grants Surgery
Mon, 1 Feb, 3.30-5pm, Green St; Thurs, 11 Feb, 4-6pm, Manor Park

UEL Drop-in
Tues, 2 Feb, 10.30am-12.30pm, The Gate

Welfare Advice Sessions
Mon, 1 Feb, 12-4pm, Green St

COMMUNITY ACTIVITIES

Bumps and Babies (up to 1yr) A free home-based meet up, Weds, 1-3pm for expectant parents and those with babies. Email newham@nct.org.uk

Mums2be Meetup
Information and support for expectant parents. 3rd Sat of every month, 10-11am. Email newham@nct.org.uk

Meet and Greet Mums, Bumps and Babies
Fri in various cafes around Newham. Visit www.netmums.com or email jojostevie@live.com

Junior Volunteer Police Cadets (10-12 yrs, term time)
Wed, 3.30-5pm, Little Ilford School, Browning Rd, E12, £1.

Senior Volunteer Police Cadets (13-17 yrs)
Wed, 6.30-9pm, Little Ilford School, Browning Rd, E12, £2.50. Thurs, 6.30-9pm, Eastlea Community School, Exning Rd, E16, £2.50. Call 07500 881 378

BOXING AND SELF DEFENCE

Boxing (Newham College)
Mon, 5-6pm, East Ham College, High St South, E6

Fight For Peace Boxing
Mon to Fri, 4-5pm 10-14yrs Mon to Fri, 5-9pm, 14+yrs Woodman St, North Woolwich, E16. Call 020 7474 0054

West Ham Boys ABC
Mon, Wed, Fri, mixed (8-16yrs), 5-6pm, Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12noon, £2. 2 London Rd, E13. Call 020 8472 3614

Boxing and Self Defence (16+) Tues, 5.15-6.15am, Jack Cornwell C.C

HEALTH AND FITNESS

Salsa Dancing (18yrs+)
Mon, 3.15-4.45pm, Beckton C.C; Tues, 11.45am-12.45pm, Field C.C

Nordic Walking
Wed, 9.15-10.30am. Meet at Field C.C. Not suitable for wheelchairs. Call 07783 660 429

Tai Chi Class Fri, 10-11am, Beckton C. C. Fri, 11am-12pm, The Gate

Let's Yoga
Cost £7.50 for 10 weeks, for 50+. Mon, 10-11.30am, Beckton C.C. TT; Mon, 6-7.30pm, Green St. Grassroots, Thurs, 6.30-7.30am, £5 per session; Weds, 7-9pm, Sat 10am-12pm, Jeyes C.C. £1. 16+.£1.00 to hire a mat or bring your own, class is free

Zumba
Registration essential. Tues, 5-6pm, 6-7pm, free; Thurs, 10.15-11.15am (women only) Stratford, £2.50; Sat, 10-11am, Brampton Primary School, Masterman Road, E6 3LB, £3.50 or £12 for 4 sessions.

Tone-Tastic
18+ Mon, 2 -3pm, Weds, 9.30-10.30am, Field C.C.

Aerobics
Tue, 9.30-10.30am, Jack Cornwell C. C £2

50+ ACTIVITIES

Bingo (50+yrs)
Mon, 12-1pm, Beckton C.C; Mon, 12-4-pm, Jeyes C.C; Thurs, 7-9pm, Jack Cornwell C.C

ICCAN
Faith based group with cultural activities. Fri, 12noon-2pm, Jeyes C.C

Active Centre 50+ Group
Weds, 12noon-4pm, Field C.C; Mon, Wed, Fri, 1.30-4pm, Beckton C. C.

Dominos Group
Fri, 6-10pm, Field C.C

Chair Based Yoga
Tues, 12.30-1.30pm, Manor Park

Forever Young
Enjoy community activities and make new friends. Wed, 11am-1pm, Beckton; Wed, 10.30am-12.30pm, Field C.C.

Pilates Classes
Tues, 9.30-10.30am, Field C.C

Happy Living Club
Indoor and outdoor activities. Tues and Weds, 1.30-5.30pm, Jeyes C.C

Holiday Spanish Club
Wed, 12.30-1.30pm, Manor Park

Walking Football
Tues, 10-11am, Priory Park E6 1QH. Email dgheerawo@westhamunited.co.uk or call 07803 210 299.

Soca Aerobics
Fri, 3-4pm, Grassroots C.C.

Age UK East London Nordic Walks (18+) Tues, 9.30-10.45am, meet at Age UK East London Newham Branch, 655 Barking Rd, E13 Sun, 10-11am, meet at entrance of the Copper Box, Queen Elizabeth Olympic Park, E20. Call 07989 938 242

Steel Pan Music Therapy
For people with learning and physical disabilities, Dementia and stroke. Fri, 12-2pm, Beckton C.C

Tai Chi Class
Fri, 11-12noon, The Gate

Zumba & Indian Dance
Designed for 50+ but all ages welcome. Fri, 12noon-1pm, Jeyes C.C.

Get Active, Get Healthy, and Exercises for Fitness
Thurs, 10.30-11.30am, Manor Park

Backsercise
Tues, 6-7pm, The Gate. Booking required 020 3373 0856

Walkers project
Fri, 1pm, New City Outreach Centre, E13 9PY

Get Active, Get Healthy – Walk to the park
Mon, 10.30-11.30am, Manor Park

Singing for Health
Church of God, E12. Tues, 1.30-3pm.

Zumba
Weds, 6.30-7.30pm, Plaistow

GREEN

Green Gym
Weds, 10am-1pm, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Call 07845 973 156

Green Volunteering
Tues and Thurs, 10am-2pm. Silvertown Wy, E16 (opp. Hallsville Rd)

Garden Club
Tues, 1-3pm, Thurs, 4-7pm, Sat, 10am-4pm, Abbey Gdns, Bakers Row, E15

Gardening Thymes

Gardening Club *Fri, 11am-1pm, Bowling Green,Central Park, High St South, E6*

Grow Together Be Together Community Gardening Club
Wed, 10am-1pm. Sat, 1pm-3pm, Flanders Field, Melbourne Rd entrance, E6. Call 020 8586 7070

Caravanserai Garden Volunteering
Thurs and Sat, 11am-3pm, Silvertown Wy, E16. For information call 07773 863 384

Community Gardening
Tues, 10am-12pm, Beckton C.C

DOORSTEP CLUBS

Call 0300 124 0123. unless otherwise stated.

Athletics Club (14yrs+)
A multi-sport session focusing on athletics, football and the gym. Tues, 6-7pm, Newham Leisure Centre, E13. Call 07718 394 756

Gym & Basketball (14yrs+)
Tues, 6-10pm, £2, Rokeby School, Barking Rd, E16

FEMALE SPORTS

Basketball Sessions
Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

Dare2Dance (12-16yrs)
Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre, E13

Female Boxfit (14yrs+)
Mon, 4.15-5.15pm, Balaam Leisure Centre, E13. Call 07970 783 526

Girls Football (11-16yrs)
Tues, 4-5.30pm and Thurs, 5-6pm, Newham Leisure Centre. Fri, 5-7pm. Term time only. Memorial Park, E15

Girls Group Cycling (11-15 yrs)
Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13

Just Play (14yrs+)
Wed, 6.30-8pm, multi-sports (term time). Cumberland School, E13. Call 0300 124 0123

Women's Martial Arts (16yrs+) *Tues, 5.15-6.15pm, Jack Cornwell C.C. Ring 07473 030 250*

Female Only Gym Sessions
Mon, 3-4pm, 16-25yrs. Mon and Wed, 7.30-10.30pm. Tues and Thurs, 12noon-1.30pm. Sun, 3-5pm, 11-15yrs, Newham Leisure Centre, E13. £4.65

Get Back into Netball *Tues, 6-7.30pm, juniors; 7.30-9pm, seniors. £2. Lister Community School, E13. Call 07717 281 529*

Abs Blast (11-15yrs)
Thurs, 5.30-6.30pm, £3.10, Newham Leisure Centre, E13

Female Only Zumba
Tues, 6-7pm, Forest Gate Community School, Forest Ln, E7. Thurs, 6.30-9pm, The Well C.C, Vicarage Ln, E6. £1. Call 07741 292 902

Female Only Zumba
Registration essential. Mon, Weds, 6.30-7.30pm, Asta Community Hub, 14A Camel Road, E16 2DE. £2.50

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Ability Club (14-25yrs)
Multi sports for disabled young people. Wed, 5.30-6.30pm and Fri, 4.45-6pm, NewVic, E13

Athletics (8-18yrs)
Tues, 4.15-6.15pm, Brampton Manor, Roman Rd, E6. Thurs, 4.30-5.55pm, St Angela's Ursuline School, E7. Email cnourrice@englandathletics.org

Get Fit for Free
Tues, 1.30-3.30pm and Fri, 10am-12noon. Gym use for people with learning disabilities. Newham Leisure Centre, E13. To book an induction call 0300 124 0123

Sensory Play (U5yrs)
Wed, (term time) 1.30pm-3pm, Oliver Thomas Children's Centre, Mathews Ave, E6. Email Naomi.ferron@oliverthomas.newham.sch.uk or call 020 8821 0997

Swim for Families

Dealing with Autism
Wed, 4-5pm, Balaam Leisure Centre, E13. Call 0300 124 0123

Support In Action (18yrs+)
Indoor and outdoor activities, advice and support. Thurs, 12noon-4pm, to Jeyes C.C

Family Swims
Sat, 4.30-5.30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13. Call 0300 124 0123. Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, E13. £5. Call 0300 124 0123.

RUNNING

Beckton Park Run
Sat, 9am, Beckton Park South, E16. Call 07718 394 756 www.parkrun.org/beckton

Run England
£2 unless stated. Sun, 10am-12noon, Newham Leisure Centre, E13 (meet on track). Mon, 4-5.30pm, Newham Leisure Centre, E13 (meet on track). Mon, 5.45-6.45pm, Newham Dockside, E16 (meet at reception). Wed, 12noon-1pm, Newham Dockside, E16 (meet at reception). Thurs, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception). Sat, 10-11.30am, Wanstead Flats, E12 (meet at Harrow Rd Changing Pavilion). Sat, 10-11.30am, Memorial Park, E15, £4 (meet at cark park). Call 07718 394 874.

West Ham Park Run
Sun, 11am. Meet at Central Park Keepers Lodge, E6. Call 020 8257 4505

East End Road Runners
Tues and Thurs, 7pm. Sun, 9am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07979 261 647.

SPORTS

Indoor Tennis
Mon, 6-8pm, Lee Valley Hockey & Tennis Centre, £3. Pre-booking essential, email michelle.daniel@activeNewham.org.uk

Fencing with Newham Swords *Tues, 6-9pm, Thurs, 6-9pm, Fri, 7-10pm. Classes for adults (18+), and mini-pirates (4-7yrs). UEL SportsDock Call 07956 618 898*

Cricket (14yrs+)
Tues, 6-8pm, Newham Sixth

Form College, E13. Call Ratheesh on 07476 269 226

Lister Table Tennis Satellite Club (11-25yrs)
Weds, 6.30-8pm, Newham Sixth Form College, E13. £1. For information call Shiri on 07888 830 179

Indoor Cricket (8-16yrs)
Wed, 6-8pm, £2, Lister Community School, E13, email michelle.daniel@activeNewham.org.uk

Black Arrows Badminton Club
Adults: Fri, 7-9pm, Juniors: Sat, 10am-12noon, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037 173

Newham and Essex Beagles Athletics Club
Mon and Wed, 6-9pm. Foundation groups (8-10yrs). Mon, 7-8pm and Wed, 6-7pm, £5. Terence McMillan Stadium, Newham Leisure Centre, E13. www.newhamandessexbeagles.co.uk

BMX (6-16yrs)
Sun, 10am-12noon, £3. Gooseley Playing Fields, St Albans Ave, E6. Call 07961 333 615

Mini Tennis Courses (4-16yrs) Tuesdays: 4-5pm, 5-6pm, East Ham Leisure Centre, 324 Barking Road, London, E6 2RT. Thursdays: 4.30-5.30pm, 5.30-6.30pm, 6.30-7.30pm, Newham Leisure Centre, 281 Prince Regent Lane, London, E13 8SD. Saturdays: 4-5pm, 5-6pm, Central Park (tennis courts), High Street South, East Ham, E6 6ET. Sundays: 12-1pm, 1-2pm, Stratford Park (tennis courts), West Ham Lane, Stratford, E15 4PT Contact: michelle.daniel@activenewham.org.uk 07741 293 513

Adult Tennis (16+)
Saturdays: 9-10am, 10-11am, 11-12pm, Central Park (tennis courts), High Street South, East Ham, E6 6ET. Sundays: 9-10am, 10-11am, 11-12pm, Stratford Park (tennis courts), West Ham Lane, Stratford, E15 4PT Contact: michelle.daniel@activenewham.org.uk 07741 293 513

FOOTBALL

AIR Football (16yrs+)
Tues, 1-3pm, Fri, 10am-12noon, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit www.airfootball.co.uk

Football and Athletics
Thurs, 4-5.30pm, Britannia Village, 65 Evelyn Rd, E16

Football & Multi Sports
Mon, 4-5.30pm, Newham Leisure Centre, E13.
Wed, 5-6pm, Stratford MUGA, West Ham Ln, E15

Mayor's Football League
U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm Newham Leisure Centre, E13

Premier League (16yrs+)
6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13

WHU Kicks
Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat 10.30am-12noon, Newham Leisure Centre, E13

Ascension Football
Sat, 10-11.30am, £3. Reception to 11yrs. King George V Park, King George Ave, E16. Call 07806 584 925

BASKETBALL

Basketball & Multi Sports
Fri, 5-6.30pm, 8-19yrs, Snowshill MUGA, Snowshill Rd, E12

Basketball Sessions
Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

National League
Mon, 6-8pm, U13/14yrs, Tues, 6-8pm, U15/16yrs, Rokeby School, E16.
Thurs, 4.30-6pm, U13/14yrs boys, U14yrs girls; 6-8pm, U16yrs, Newham Leisure Centre, E13, 6-8pm, U18yrs, Cumberland School, E13

NCFE Sports – Basketball
Thurs, 5-7pm, East Ham Leisure Centre. To register email sports@newham.ac.uk or call 020 8257 4255

Senior Programme
Mon, 7.30-9.30pm, Division 2 women and division 3/4 men. Rokeby School, E16. Call 07947 401 616

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Rd, E6, unless otherwise stated
Wed, 10 Feb, 4.30pm, *Corporate Parenting Board, Newham Dockside, E16 2QU;*
6.30pm, *Investment and Accounts Committee*
Thurs, 11 Feb, 7pm, *Standing Advisory Council on Religious Education (SACRE) Carpenters School, Friendship Way, Stratford, E15 2JQ*
Mon, 15 Feb, 7pm, *Local Development Committee*
Tue,16 Feb, 7pm, *Strategic Development Committee, Old Town Stratford, E15*
Thurs, 18 Feb, 5pm, *Cabinet Mayoral Proceeding*

CONTACT THE MAYOR

Here to Help sessions
Please register by attending the venue 30 minutes before the advertised time.
Thurs, 4 Feb, 11am, *Old Town Hall Stratford, 29 The Broadway, E15 4BQ;*
Thurs, 11 Feb, 11am, *Canning Town, library doors open at 10.30am;* ***Tues, 16 Feb, 5pm,*** *The Gate;* ***Sat 27 Feb, 10am,*** *East Ham.*

Telephone Surgery
Weds, 10 Feb. *Please call 020 8430 2000 between 10-11am and leave your details, and the Mayor will call you back.*

CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOODS
Beckton Globe *1 Kingsford Wy, E6*
Canning Town *Barking Rd, E16*
Custom House *Prince Regent Ln, E16*
East Ham *328 Barking Rd, E6*
Green Street *337-341 Green St, E13*
The Gate *6-8 Woodgrange Rd, E7*
Manor Park *685-691 Romford Rd, E12*
North Woolwich *5 Pier Parade, E16*
Plaistow *North St, E13*
Stratford *3 The Grove, E15*
Archives and Local Studies *020 3373 6881*
Community Outreach *020 337 30813*
Church of God *37 Manor Park Road, E12, 020 8911 9494*
The International Quarter Marketing Suite *Celebration Avenue, E20 1DB*

LEISURE & SPORTS VENUES
Balaam Leisure Centre *14 Balaam St, E13*
East Ham Leisure Centre *324 Barking Rd, E6*
Newham Leisure Centre *281 Prince Regent Ln, E13*
NewVic *Prince Regent Ln, E13*
UEL SportsDock *Docklands Campus, University Wy, E16*

COMMUNITY CENTRES (C.C)
Beckton Community Centre *14 Manor Wy, E6, 020 7511 1214*
Field Community Centre *147 Station Rd, E7 020 8536 2800*
Grassroots Centre *Memorial Park, Memorial Ave, E15, 020 3373 0650*
The Hub *123 Star Ln, E16 020 3373 0750*
Jack Cornwell Community Centre *Jack Cornwell St, E12 020 8553 3459*
Jeyes Community Centre *1 James Cl, E13, 020 8548 9788*
Katherine Rd Community Centre *254 Katherine Rd, E7 020 8548 9825*
St Mark's Community Centre *218 Tollgate Rd, E6 020 7511 1214*
Vicarage Ln Community Centre *Govier Cl, E15, 020 8519 0235*
Harold Road Centre *170 Harold Road, E13 0SE 020 8472 2805*

All listings may be subject to change. Please contact individual events and activities before attending.

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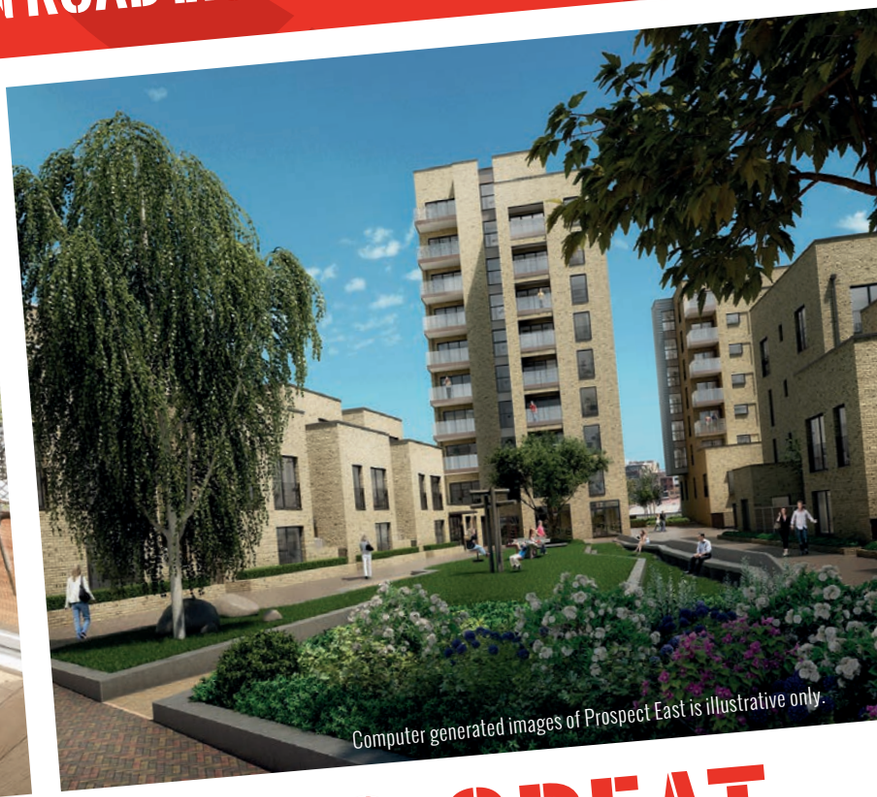
University of East London

PROSPECT EAST
LEYTON ROAD E15



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